

# Hawaii MARINE SPORTS

HAWAII MARINE C SECTION

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## 3rd Radio blacks out Steel Reign

**Lance Cpl. Brian A. Marion**  
*Combat Correspondent*

Third Radio Battalion shut out 1st Battalion, 12th Marine Regiment Steel Reign, 3-0, during an Intramural Baseball League regular season game Tuesday at Riseley Field here.

Excellent pitching contributed to the win as Dustin Crabtree, pitcher, 3rd Radio, struck out 16

batters in the course of the seven-inning game.

"I was kind of disappointed their pitcher had 16 strikeouts against us, but he played really well," said Luke Johnson, coach and 3rd baseman, Steel Reign.

Before the game, the teams had varying opinions on each other.

"Our first three games were kind of rough,"

*See BASEBALL, C-7*



Lance Cpl. Brian A. Marion

Dustin Crabtree, pitcher, 3rd Radio Battalion, pitches the ball to a batter from 1st Battalion, 12th Marine Regiment, Steel Reign, during an Intramural Baseball League regular season game Wednesday at Risilely Field here. Crabtree had 16 strikeouts during the game.



Cpl. Mark Fayloga

Participants in the 24th Annual Hawaiian Telecom Great Aloha Run make their way past the starting line Monday morning near the Aloha Tower in downtown Honolulu. More than 20,000 competitors gathered for the footrace.

## Annual Great Aloha Run kicks off President's Day

**Lance Cpl. Achilles Tsantarliotis**  
*Combat Correspondent*

**HONOLULU** —The 24th annual Hawaiian Telcom Great Aloha Run kicked off during the early morning of President's Day, Monday, at the Aloha Tower in Honolulu.

More than 20,000 competitors gathered to partake in one of the top footraces in the country.

John Mozer finished first in the male overall military awards with a time of 46.27.00, and Gina Shaw for the females with a time of 52.03.00.

The 8.15-mile footrace was one of Hawaii's largest participatory races in history, raising more than \$7.8 million dollars for various non-profit and humanitarian organizations since the first run.

"It was long but motivating," said

Aaron Banks, traffic management office. "I trained for about two months. I'd run with Master Sgt. Jay Michael Auwae – we did everything from long distance running to endurance running training for it."

The race began at 7 a.m. on the Nimitz Highway near the Aloha Tower, and ended in the Aloha Stadium. The run has different categories for the participants, including elites, varying age groups, Sounds of Freedom, wheelchair competitors and people who walk the route at the back.

The race was complimented by ideal temperatures and a cool breeze, allowing the participants to fully enjoy Hawaii's all-inclusive race.

"I think it's an amazing tradition," said Neal Shwartz, a Pearl Harbor participant. "I enjoy being able to partake in a relaxed tradition. I pushed my 2-year old

daughter Jenna in a running stroller – she loved it. It's something I look forward to do doing next year."

The elite runners competed for up to \$7,000 in cash prizes, while the military participants competed for a \$1,000 first-place prize, \$500 second-place prize and \$250 third-place prize.

Despite rewards and prizes for the varying divisions, a majority of the participants ran primarily for personal accomplishment.

"I felt good about myself afterwards," Banks said. "It was hard work training for it, but I kept going, and it felt like I accomplished something. But if it wasn't for master sergeant ... I don't know how fast I would have finished."

The Great Aloha Run is known for it's charity contributions, and with over \$250,000 headed to various charities this year, it's safe to say this was a success.



Lance Cpl. Brian A. Marion

Nesa Salvea, quarterback, Halawa Storms, hands the ball to Kaipo Fiatoa, linbacker, during football practice Feb. 14 here. During practice, the team worked on football fundamentals and plays.

## Military, civilians practice for semi-pro Halawa Storms

**Lance Cpl. Brian A. Marion**  
*Combat Correspondent*

**CAMP H. M. SMITH, Hawaii** — Service members on Oahu can practice for the Halawa Storms, a semi-pro football team, along with the local community here.

The semi-pro league is open to military and civilians, offering opportunities in practicing football skills for upcoming seasons, or staying in shape.

The Storms practice two times a week if they have games, and once a week if they don't.

"We try to do mostly conditioning on the weeks with no games," said Tony Godinet,

head coach, Storms. "When we practice in game weeks, we work more on fundamentals and individual positions."

Usually, the practice starts with stretching, followed by some conditioning. They then move into individual position drills, taking each person in a certain position (quarterback, fullback, guard, etc.) and work on their techniques, followed by team drills.

Although only a few players made the practice last week, Godinet said it's usual for the team to come together.

"These guys are fathers and husbands with full-time jobs," Godinet said. "They

*See FOOTBALL, C-6*

## Tarheels trample T-Wolves

**Lance Cpl. Brian A. Marion**  
*Combat Correspondent*

The Pearl Harbor Tarheels stomped on the Kaneohe Bay T-Wolves, winning a mini-mite youth basketball game 15-10 at the Semper Fit Center here.

Although all the players played heroically in the game, Makoa Leialoha was a blur, sinking lay-up after lay-up, bringing his team up from an 11-point deficit to a five-point deficit.

Before the game, both teams warmed up using different methods.

The Tarheels alternated making lay-ups and recovering the ball, with their coach encouraging them from the side of the net.

"The attention span of young children is pretty short, so we try to make things fun for them," said Bennet Richardson, coach, Tarheels. "It'll be a good game, but it's more about letting the children have fun."

The game started late, but that didn't stop the Tarheels from galloping to the lead, pulling ahead of the T-Wolves. Before the T-Wolves could recover, the Tarheels made six points.

The T-Wolves tried recovering from the onslaught, but by the end of the first half, their herbivorous opponents kept them at bay.

The half ended with the

Tarheels leading 13-2.

"[The Tarheels] have shown a lot of improvement since their last game," said Rebecca Steele, spectator. "They are all trying really hard and are very

competitive, but they are having fun more than anything else."

The second half started

*See YOUTH, C-6*



Lance Cpl. Brian A. Marion

Darius Richardson, Pearl Harbor Tarheels, shoots one of the last free throws of the game in a youth basketball game at the Semper Fit Center here Saturday. The Tarheels won 15-10.

# Service members tackle NFL Military Challenge

**Lance Cpl. Ronald W. Stauffer**  
*U.S. Marine Corps Forces, Pacific*

**HONOLULU** — Service members took to the field, challenging themselves and each other during the NFL Military Challenge at Kapiolani Park here, Feb. 8.

Using speed, aggressiveness and teamwork, the Air Force made this their third consecutive year to win.

Six-member teams competed in six events. Two events were team efforts, while four were individual events.

Before the challenge, Keith Rooks, event coordinator, gathered the teams together, giving a short brief on rules and the new point system.

Points were awarded on a 1-5 scale. The winner of each event earned one point and the last place team scored five points. The team to accumulate the lowest amount of points at the end of the competition would be the winner.

The first event was the field goal kicking.

Each team’s designated kicker had 10 attempts from a set distance. In the event of a tie, kickers would move back for a sudden death kick-off.

Coming out strong for the Air Force was Richard Good, making nine of 10 kicks and winning the event.

Bringing excitement to the fans, the Coast Guard and Marine team, who tied for second with eight field goals, competed in the first tie breaker of the day.

Pitting Chris Barton, Coast Guard kicker, against Jaime Rodriguez, Marine kicker, the Marines lost in the five-kick face off.

The second event was the 40-yard dash, run in a relay style in which each member would run from one line to the other, tagging the next runner.

Coming out ahead in the event was the Army team with a combined time of 29.28 seconds.

“We had a good run and it was exhilarating,” Shawn Grace said. “We [exercise] a lot and I think that’s what helped us out the most for the competition.”

Grace said the team also stays active in year-round sports and other cardiovascular exercises.

The third event was punting, scored on distance and accuracy.

Each competitor had three punts for a combined score. The kicks were scored on total distance, minus the distance away from the center line.

Once again, the Air Force came out on the winning end, out-kicking



Photos by Lance Cpl. Ronald Stauffer

Competitors represent their service after the award ceremony for the 2008 NFL Military Challenge at Kapiolani Park, Honolulu, Feb. 8.

the other service.

The fourth event was the long snap, where players tested their skills from the shotgun and punt formations. Each competitor made three attempted snaps from each position.

In a tie for first and second, the Navy and the Marine snappers faced off, with the Navy team taking first.

The Army and Air Force dueled for third and fourth place with the Army coming out on top.

The final event, demanding the most effort from the players, was the pass and receive drill, which demanded speed and agility. One player was the designated passer, while the remaining five members ran out to either the 10, 20 or 30-yard line, catching the ball and running back to the starting line as fast as possible.

Scrambling for points, each service ran out trying to catch as many balls as possible, but with strategy and skill, the Air Force came out on top again with the Marine team close behind.

With all events complete, the teams stepped to the bandstand as they awaited the total score and the winner of the challenge.

“Thanks for coming out,” Rooks said. “We’ve been doing this for a few



Chris Barton, Coast Guard field-goal kicker, smashes through a ball during the challenge.

years now and we’re happy to see the athletes come out and be competitive.”

Coming in fifth place was the Navy. The Army and the Coast Guard tied for third place, leaving the Marine team in second place and the Air Force the overall winners.

“It didn’t go as well as I thought it would go,” said Michael Berg, team captain for the Marines. “It was good overall and we got beat by the better team.”

Even though the Air Force won, they realized the competition is not in the bag.

“It was a good win and a good competition,” said Nate Allen, team captain for the Air Force. “I thought we were going to do a little bit better in some of the events but we made enough to come back and win it for the third year in a row.”



Players wait to leap for the rebound during an intramural game.

## CSSG-3 scores victory over HQBN-IPAC

**Lance Cpl. Alesha R. Guard**  
*Combat Correspondent*

Pressing defense and an unstoppable offense led to the towering Combat Service Support Group 3 win against Headquarters Battalion Installation Personnel Administration Center in an Intramural Basketball League game, Friday, at the Semper Fit Center here.

With an early lead against HQBN-IPAC, CSSG-3 maintained a 10-point cushion for most of the game.

“Right off the bat, Zane Sibley got us a lot of turnovers to help us get the spread,” said Jerry Robertson, CSSG-3 head coach. “He carried that intensity throughout the game.”

Both teams pressured the ball, trying to grab a turnover for a fast break.

“Our team works well together defensively,” said Maurice Cork, IPAC head coach. “We try to stop the ball and make the other team play our game.”

While CSSG-3 had more players, IPAC kept laying on the heat despite a small bench.

With quick turnovers and fast breaks from each team, the game was a quick paced battle of who could keep the intensity flowing.

As the buzzer signaled halftime, CSSG-3 led the game, 25-14. But IPAC didn’t sweat over the scoreboard, Cork said.

“Each game we come together as a team which is the key to playing ball,” Cork said.



Photos by Lance Cpl. Alesha R. Guard

Ronnie Grandison, center, Headquarters Battalion, Installation Personal Accounting Center, puts up a shot against Combat Service Support Group 3, during a game Friday night at the Semper Fit Center here.

“My players never get down. Regardless of the score, we keep playing hard to the end.”

Cork hit it dead on. Despite CSSG-3’s lead, IPAC outscored them in the second half, closing the gap more than once.

By the 11-minute mark, IPAC was back in the game, with help from Samuel Carodine who scored 10 points in the second half. After swishing in 14 points, IPAC was only down three, making the score 29-26.

“We pressured their ball handling, trying to get them to give it up,” Cork said about the second half.

With a deep bench, CSSG-3 subbed back in their starters, ready to bring on the pain. The fresh players had energy to wear IPAC down.

CSSG-3 regained the 10-point lead with help from Lorenzo Capel, swishing in 8 points. Holding the lead for the rest of the game, CSSG-3 took the victory, 52-43.

“Our team capitalizes on working together and not arguing,” Roberts said. “My players show honor and respect for each other and their opponents. We are a disciplined, tight-knit unit that knows each other’s strong points.”

Cork said his team will focus on passing, feeding their center and setting solid picks in preparation for next week’s game.

Games are Tuesday through Friday, beginning at 6:30 p.m., at the Semper Fit Center.

# SPOTLIGHT ON SPORTS

## —SPORTS BRIEFS—

### K-Bay Challenge Golf Tournament

The commanding officer, Marine Corps Base Hawaii, presents the K-Bay Challenge at Klipper Golf Course March 13 at 12:30 p.m. The four-man scramble tournament is first come, first reserved. Slots are limited and will fill quickly. There are prizes for 1st, 2nd and 3rd place, closest to the pin (on par 3s), and longest drive. All proceeds go to the prize pool. Prices vary depending on rank.

To register your team or for more information, call Staff Sgt. Steven K. Perry at 257-2110 ext. 280 or e-mail Steven.K.Perry@usmc.mil.

### Satellite Gym Open 24 Hours

The Satellite Gym is now open 24-hours until Tuesday. The gym is getting new equipment, including large fans, a new stereo system and speakers and official 3rd Marine Regiment uniforms for the staff. The staff is also taking classes on basic equipment maintenance, equipment safety and fitness and weightlifting basics.

For more information, call Lt. Jon Arnold at 257-1663.

### Swamp Romp

The 14th Annual CSSG-3 Swamp Romp is Saturday at the Boondocker starting at 7 a.m. The Swamp Romp is a 5-mile mud run that starts and finishes at the Boondocker Obstacle Course.

Teams of six can register and pay the \$120.00 entry fee at the Semper Fit Center or online at [www.mccshawaii.com/cgfit.htm](http://www.mccshawaii.com/cgfit.htm).

Late registration fees begin on Feb 16. For more information, call Meghan Brophy at 254-7590.

### Family Bowling Day

Operation Homefront is hosting a family bowling day Saturday at K-Bay Lanes from 1 to 4 p.m. The event is open to families of deployed and deploying Marines and Sailors.

Information and tickets distributed by unit Family Readiness Officer.

For more information, call Xiomara Bowes at 257-2087.

### Ping Pong Tournament

The Single Marine and Sailor Program is hosting a ping pong tournament Wednesday at the Camp Smith recreation center from 11 a.m. to 1 p.m. The tournament is open to all single Marines and Sailors E-5 and below.

E-5 and below can invite E-6 and above to participate.

Sign up at the Semper Fit Center or Camp Smith Rec Center.

For more information, call Marcella T. Cisneros at 254-7593.

### Spring Splash

Sign up now for free swim lessons and free Red Cross swim evaluations March 1 from noon to 4 p.m. There will also be a bouncy house, music and games. The event is free and open to all military, family members and Department of Defense employees.

For more information, contact Marine Corps Community Services Aquatics at 254-7655.

### Surf & Turf Race

The Headquarters Battalion Surf & Turf 5k is March 29 at 7 a.m. The scenic course goes through Klipper Golf Course to North Beach. Cost is \$17, but goes up to \$20 after March 21.

For more information or to register, call 254-7590, visit the Semper Fit Center here, or log onto <http://www.mccshawaii.com/cgfit.htm>.

### Goju-Kan Karate

Aspiring martial artists can participate in Goju-kan Karate Monday, Wednesday and Friday at 5:30 p.m. at Building 1090's multi-purpose room (the old Base Chapel).

Sign up at Youth Activities, or call 254-7610 for more information.

### Youth Gymnastics/Dance Class

Youth of all ages can attend gymnastics and a variety of dance classes Monday through Saturday at Building 1090. Classes are at varying times in the morning, afternoon and evening, so interested parents and youth should stop by Youth Activities for more information. Classes include dance, hula, tumbling and more.

For more information, call 254-7610.

### Parents for Fitness

The Parents for Fitness Program is a cooperative babysitting effort available at the Semper Fit Center, here for all active duty service members and their families. The PFFP participants are required to volunteer babysit three times per month and is open for children 6 weeks and older.

For more information, ccall 664-0184.

### Deep-Sea Fishing Charters Offered at Base Marina

Fishermen searching for convenient access to deep-sea charters need look no further than the Base Marina. Bill Collector Fishing Charters offers numerous charter packages accommodating up to six passengers.

Avoiding the traffic and crowd of Oahu's South Shore, Bill Collectors charters fish from the uncrowded waters of Windward Oahu.

For more information or to charter the Bill Collector, contact the Base Marina at 257-7667 or 254-7666.

## 2008 Intramural Basketball Standings

TEAM	WINS	LOSSES
VP-4 #1	6	1
CSSG-3	6	1
CPRW-2	5	1
HQBN "IPAC"	5	2
MALS-24	5	2
MCAF	5	2
HSL-37	5	2
3RD RADIO BN	4	3
3RD MARINES	3	4
HMH-362	2	5
VP-4 #2	2	5
SNCOA	1	5
VPU-2	0	6
VP-9	0	7

Standings as of Feb. 15



## 2008 Intramural Baseball Standings

TEAM	WINS	LOSSES
MAG-24	2	0
HQBN	2	1
CPRW-2	2	2
3RD RADIO BN	1	1
CMO	1	1
CSSG-3	1	2
1/12	1	3

Standings as of Feb. 12



## Semper Fit offers group classes



Group exercise classes are available at Semper Fit Center! Keep in shape with one of several training sessions that work out all your body areas. Classes at the center include:

#### Glutes to the Max

Unmush your tush with this intense glute workout. Get rid of the granny fanny with exercises for the hips and butt as you tone with weights, the exercise ball and resistance bands. To top it all off there will be a short ab workout and some stretching after your glutes have been pushed to the max.

#### Stretch

Reach for your toes in this class. Tired of having someone else scratch your back? Time to limber up. A class working on

getting back the flexibility you once had or just stretching out those over worked muscles. This class is great way to reduce your chances of getting injured from tight muscles.

#### Yoga

Stretch your mind and your workout in this conditioning class. Learn how to be more fit, flexible and ease all your daily stress.

Ask about discounts for active-duty members. For more information, call 254-7597.

## Be cool at the Base Pool!



#### Winter hours

**Open Swim**  
Tuesday through Friday 1 to 5 p.m.  
Saturday and Sunday Noon to 5 p.m.

**Adult Lap Swim**  
Tuesday through Friday 11 a.m. to 1 p.m.  
Saturday and Sunday lanes available Noon to 5 p.m.  
The pool is closed on Monday.  
Swim lessons will be available for infants to adults in March 2008.  
Lessons are open to all active duty, family members and DoD employees.  
For more information about hours of operation or times available for lessons, call Dino Leonard at 254-7655.

# HEALTH AND WELLNESS

## High blood pressure worsening in all states for women

**News Release**  
*American Heart Association*

Uncontrolled hypertension rates in men and women vary across the country, but all states — especially in the south and including the nation’s capital — should boost blood pressure control efforts, researchers report in *Circulation: Journal of the American Heart Association*.

Uncontrolled hypertension in this study was defined as above 140 millimeters of mercury. The measurements were taken in a mobile examination clinic (MEC) and averaged. The first measurement was excluded. Those unable to visit the mobile clinic were offered a limited exam at home.

“Not much has been known about how individual states measure up when it comes to hypertension prevalence because only self-reported hypertension status has been measured at the state level,” said Majid Ezzati, Ph.D., lead author of the study and associate professor of International Health at the Harvard School of Public Health in Boston, Mass.

“In this study, we found a way to take the existing information and relatively accurately determine each state’s true prevalence of uncontrolled hypertension among men and women, as well as how many lives might be saved if we do a better job of controlling blood pressure in individual states.”

Ezzati and colleagues first examined blood pressure trends nationally using the National Health and Nutrition Examination Survey and the Behavioral Risk Factor Surveillance System. They found that prevalence rates of uncontrolled

hypertension had been declining for decades up to the 1990s. However, throughout the 1990s high uncontrolled hypertension rates among U.S. men began to stagnate or decline at a slower rate.

The trend among women was more alarming, with hypertension rates in the 1990s reversing and beginning to increase, researchers said.

Between the early 1990s and early 2000s, the prevalence of uncontrolled hypertension in adult women increased from 17 percent to more than 22 percent. At the same time, the rate of hypertension in men decreased from 19 percent to 17 percent. Even if blood pressure among American women had stayed at its levels of a decade ago, American women of different ages would have between 2 percent and 4 percent less heart disease and stroke, Ezzati said.

When researchers determined the prevalence in individual states they found that some are doing far worse than others. The worst uncontrolled hypertension rates in the United States are in the District of Columbia and in the South (Mississippi, Alabama, Louisiana, Texas, Georgia and South Carolina).

“The prevalence of uncontrolled hypertension among men in these states hovers between 18 percent and 21 percent,” Ezzati said. “And about a quarter of adult women in these states (24 percent to 26 percent) have uncontrolled hypertension.”

The states with lower hypertension prevalence rates are Vermont, Minnesota, Connecticut, New Hampshire, Iowa and Colorado. They have rates between 15 percent and 16 percent for men and about 21 percent for women.

“We also found that in every state in the United States women have higher uncontrolled hypertension prevalence rates than men do. The difference between men and women is as low as 4 percent and as high as 7 percent,” he said.

In the 1990s, according to the study, uncontrolled hypertension for women increased the most in Idaho and Oregon (up 6 percentage points) and the least in Washington, D.C., and Mississippi (down 3 percentage points). For men, the worst-performing (smallest decline) states were New Mexico and Louisiana and the best-performing states were Vermont and Indiana.

“The variation in increases should be interpreted with caution,” Ezzati said. “We can’t tell from our study why this is happening. It could be that the states have done a better job in their public health efforts to reduce hypertension or it could be that rates are already so high that they didn’t have much higher to go.”

Researchers determined that between 2001 and 2003, deaths attributed to the higher than optimal systolic blood pressure control among females ranged from 200 to 220 per 100,000 in Minnesota and Massachusetts to 360 to 370 in Washington, D.C., and Mississippi. For males, deaths from high blood pressure were 210 per 100,000 in Colorado and Utah to 370 in Mississippi and 410 in Washington, D.C.

“It is alarming that U.S. states are experiencing worsening rates for a risk factor that is so easily controlled by lifestyle, diet and medication,” Ezzati said. “We need to look nationally, but also especially focus on those states with the highest hypertension prevalence and emphasize interventions to do better than last decade’s trends.”

“High blood pressure is the most commonly occurring preventable risk factor for heart disease and stroke,” said Dan Jones, M.D., president of the American Heart Association. “Easily applied methods for prevention and treatment are available. It is amazing



File photo

that blood pressure control rates are not improving in our country. Public health officials, policy makers, health professionals and the American public need to respond. With more exercise, better diets, and appropriate use of antihypertensive medications, this disturbing trend in low control rates can be resolved.”

## Study: Chiropractic does not increase risk of stroke

**News Release**  
*American Chiropractic Association*

A new study finds there is no evidence of excess risk of stroke following chiropractic spinal manipulation, according to a February 2008 report in the journal *Spine*. In the study, researchers noted that patients are no more likely to suffer a stroke following chiropractic treatment than they would after visiting their family doctor’s office.

The study goes on to say that any observed association between a verte-brobasilar artery stroke and chiropractic manipulation is likely due to patients with an undiagnosed vertebral artery dissection seeking care for neck pain and headache before their stroke.

“This may prove to be one of the most important and significant studies in the profession’s history,” said ACA President Glenn Manceaux. “The results of this study confirm that chiropractic manipulation is a safe and appropriate course of treatment.”

The issue of stroke being associated with a chiropractic neck adjustment focuses around the very rare occurrence of a tear to the vertebral artery as it passes through the sides of the upper cervical vertebrae and into the base of the skull. An injury to the arterial wall may lead to formation of a blood clot, which can break free and travel upward until it lodges in one of the smaller blood vessels in the base of the brain, blocking circulation.

There are many reports in the literature



File photo

of cervical artery dissections occurring after everyday activities that most people would consider non-traumatic, such as turning the head when driving, having your hair washed at a beauty salon, or sleeping on your stomach.

A research paper published in 2001 in the *Canadian Medical Association Journal*

found there is only a one-in-5.85-million risk that a chiropractic neck adjustment will be associated with a subsequent CAD and stroke.

In this new study, the Canadian team looked at nine years of data in Ontario, and found that only 818 patients with a VBA stroke were reported among a population of

some 11.5 million people. Unlike a previous study in 2001 that investigated the relationship between chiropractic visits and vertebral artery stroke, researchers in this study also studied visits to family doctors that preceded this kind of stroke.

According to the study’s authors, “Because the association between chiropractic visits and VBA stroke is not greater than the association between PCP visits and VBA stroke, there is no excess risk of VBA stroke from chiropractic care.”

**Stroke Warning Signs**

While there are no standard screening procedures to identify patients with neck pain who are also at risk of a VBA stroke, health care providers should be aware of the following stroke warning:

- ♦ Sudden difficulty speaking (slurred speech) understanding what people are saying
- ♦ Sudden onset of confusion or altered mental status, such as loss of consciousness, or recognizing people who should be familiar
- ♦ Sudden numbness or tingling on one side the face or body, or both
- ♦ Sudden onset of dizziness or unsteadiness, loss of balance or coordination, or both
- ♦ Sudden difficulty walking or standing upright
- ♦ Sudden severe headache
- ♦ Sudden severe unexplained upper-neck pain
- ♦ Sudden trouble with vision or sight

# HEALTH AND WELLNESS

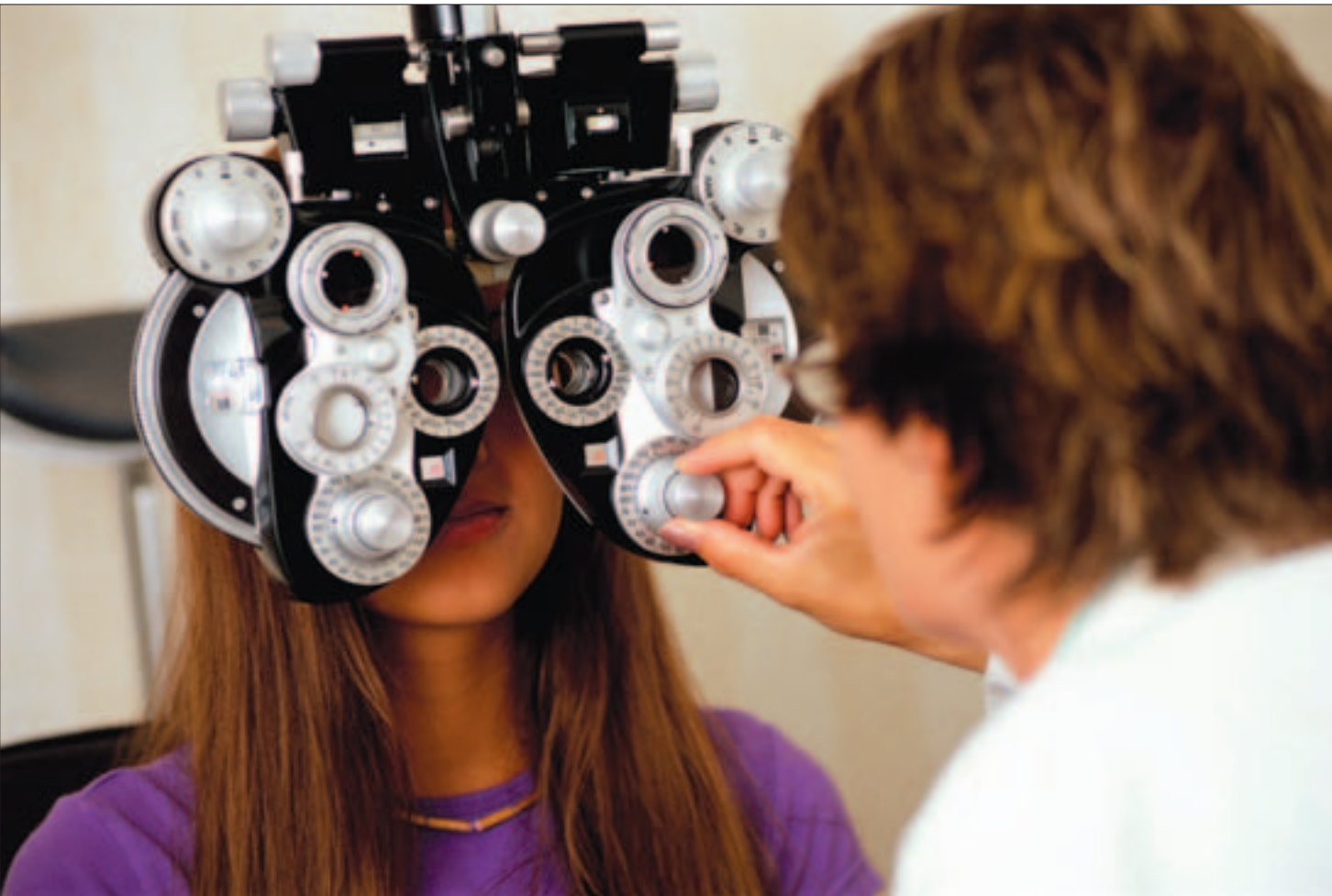
## Little-known disease threatens vision of millions

### Prevent Blindness America urges public to get eye exam

**Press Release**  
*Prevent Blindness America*

Age-related Macular Degeneration is the leading cause of vision loss in people aged 55 and older. And, AMD affects the vision of more than 15 million Americans. Yet only 30 percent of Americans are familiar with the disease, according to a study by AMD Alliance International. Research from Prevent Blindness America shows that AMD costs the United States economy \$570 million annually, in direct costs for outpatient, inpatient and prescription drug services. Individually, the costs of outpatient services for AMD patients, between the ages of 40 and 64, are \$305 per year, with an additional \$110 in medications and vitamins. AMD is a progressive disease that diminishes central vision. Over time, AMD patients must depend on their peripheral vision. There are two forms of AMD, "dry" and "wet." Dry AMD is the most common form of the disease and, according to

the American Academy of Ophthalmology, 90 percent of AMD patients have the dry form. Approximately 10 to 20 percent of dry AMD cases will progress to wet AMD. Wet AMD occurs when fragile, abnormal blood vessels are formed under the macula and begin to leak fluid and blood. Scar tissue develops and destroys the macula, which leads to vision loss. Studies show that without treatment, those diagnosed with "wet" AMD will become functionally blind within two years. "We are seeing some promising results from research studies around the world in regards to understanding AMD and the best methods to treat it," said Daniel D. Garrett, senior vice president of Prevent Blindness America and AMD Alliance International board member. "But even with the latest drug therapies, we are still waiting for a cure. Until that happens, the best way to save vision is through regular vision care with your eye care professional."



File photo

To educate the public and encourage Americans to visit their eye doctors, Prevent Blindness America has declared February as Age-related Macular Degeneration Awareness Month. The nonprofit group offers a free educational

online resource, "The AMD Learning Center" at <http://www.preventblindness.org/amd>. Healthy habits can lead to healthy eyes. The risk of eye disease and vision loss can be lowered if you:

- ◆ Eat healthy foods high in antioxidants, such as green leafy vegetables, and foods high in zinc and beta carotene
- ◆ Avoid trans fats
- ◆ Quit smoking
- ◆ Control blood pressure and cholesterol

- ◆ Exercise regularly
  - ◆ Visit your eye care professional on a regular basis
- For free information on AMD, please visit Prevent Blindness America at <http://www.preventblindness.org/amd> or call (800) 331-2020.

## Stopping skin cancer epidemic starts with children

**News Release**  
*Skin Cancer Foundation*

Skin cancer rates in the United States are increasing at epidemic levels. In fact, one blistering sunburn in childhood more than doubles a person's chances of developing melanoma later in life. The majority of skin cancers are almost always preventable with good sun protection habits. Children should be taught from an early age to be aware of the problems associated with sun exposure and the need to use sun protection. "By 2010, melanoma rates are projected to rise to one in 50 Americans," said Perry Robins, MD, president of The Skin Cancer Foundation. "The most important factors contributing to the rise in melanoma rates are exposure to ultraviolet rays in early childhood, sunburns, and intermittent increased exposure to the sun." Parents can teach their children early sun protection techniques that will help prevent skin cancer later in life. The Foundation recommends the following methods of protection for different age groups.

**Babies**  
Babies' skin is extremely sensitive and can burn easily. In fact, babies under 6 months of age should be kept out of the sun. Follow these tips for babies older than 6 months:

- ◆ Take walks early in the morning or late afternoon and use a stroller with a sun-protective cover.

- ◆ Dress babies in loose-fitting outfits that cover arms and legs. Clothing made with a UPF of 30 or higher offers the best protection. For a selection of stylish, sun protective children's clothing, check out <http://www.cabanalife.com>. A portion of proceeds from Cabana Life sales benefits The Skin Cancer Foundation.
- ◆ Choose a hat that protects the baby's face, neck, and ears. A baby that wears a hat during the first few months will get used to having it on.
- ◆ Sunglasses are not very practical for a young baby. To protect your baby's eyes, seek the shade between 10 AM and 4 PM.
- ◆ Apply a broad-spectrum, SPF 15+ sunscreen to areas left uncovered such as baby's hands.
- ◆ While in the car, shield the baby from direct sunlight coming in through the side window with UV-blocking window film.

**Toddlers**  
Protecting toddlers from the sun requires a little more thought and effort. It is important to not only educate your child, but the caregiver as well.

- ◆ Make sure your child seeks the shade between 10 AM and 4 PM. Check the outdoor area where your child plays to make sure there is adequate shade protection.
- ◆ A broad-spectrum, SPF 15+ sunscreen should be applied every morning, 20 minutes before leaving the house. Keep sunscreen in the bath-

room where children brush their teeth, and eventually it will become routine.

- ◆ Two tablespoons of sunscreen must be applied every 2 hours and more often if your child is swimming or sweating.
- ◆ Children should wear sun protective clothing - including shirts, hats and sunglasses - as their primary line of defense against UVR. Make sure your child wears a wide-brimmed hat, long-sleeved shirt and pants during prolonged periods in the sun.

**School-Age Children**  
Most of the sun protection methods used for toddlers and young children should be applied to elementary school children:

- ◆ Wear sun protective clothing every day, especially if you live in a warm climate.
- ◆ Apply broad-spectrum, SPF 15+ sunscreen to exposed skin.
- ◆ Reapply sunscreen after 2 hours of UVR exposure and continue to reapply.
- ◆ Be sure your child wears a hat during recess.
- ◆ Reach your child to look for shaded areas in which to play.
- ◆ Teach your child to wear sunglasses while outside.

Children should enjoy the outdoors safely. Learn how to protect your children, teach them how to protect themselves and tell others about the importance of sun protection. For more information, call (800) SKIN-490.



File photo

FOOTBALL, from C-1

have to be motivated to play, but this is more of their hobby. They love to play, and it gives them a way to relieve the day’s stress.”

So far, the league only has six teams playing in the four-month season, but the players don’t mind the shortness.

“This is the first season I came out for,” said Kaipo Fiatoa, linebacker. “It’s fun coming and running around with friends. It helps build camaraderie, and you also get the chance to see old friends you played against.”

Though the season already started, people can still join the team and practice for upcoming games.

“The idea is to help establish a relationship with the outside community involving something other than a military aspect,” said Carson Peapealalo, sponsor of the semi-pro league. “We also set it up for people who love the game and want to continue to play.”

Though the practice lasts about two hours, the players enjoy being there, playing the game they love.

“It gives them the sense of reliving the game,” said Ben Halokeituai, offensive left tackle. “They enjoy playing, and they love it. They make sacrifices though. They take time from their jobs, families and run the risk of injury, but they volunteer their time to play.”

The league itself started nearly 15 years ago, but continued intermittently



Vai Nataoa, center, Halawa Storms, hikes the ball to Nesa Salvea, quarterback, during football practice here Feb. 14. The season has already started for the team, but anyone is welcome to come practice and play with them.

through the years.

“We are slowly bringing more people out,” Peapealalo said. “We have players who used to be all-stars in high school, players who played professionally and players who just want to play. We give them the chance to do something they love, which is playing the game of football.”

For more information about the league or the team, contact Peapealalo by phone at 292-1997 or 477-0004 or by e-mail at cpeapealalo@hawaii.rr.com.



Darius Richarson, right, prepares to retrieve Spencer French's rebound during a warm up drill before their youth basketball game against the Kaneohe Bay T-Wolves at the Semper Fit Center here Saturday.

YOUTH, from C-1

with the Tarheels’ defense keeping the T-Wolves at bay until the fourth quarter.

The T-Wolves furiously attacked the ball. The Tarheels reeled from the vicious onslaught, producing several turnovers.

The T-Wolves continued to score, but time was against them as the seconds counted down and the fourth quarter ended with the score 15-10.

The Tarheels emerged from the game with the win but both coaches

were proud of their teams.

“We did alright,” said Scott Peters, coach, T-Wolves. “We tried really hard and came back from the first half score of 13-2. They played really hard at the end, and it looked like everyone was having fun.”

Richardson echoed Peters’ comments but felt the game was too short.

“I wish I could get more playing time for everyone, and it feels like five minute quarters instead of eight minute ones,” Richardson said. “The children played hard and had fun out there.”



Chris Clayton, 24, first baseman, Steel Reign, misses a pitch from Dustin Crabtree during an Intramural Baseball League regular season game Wednesday at Risiley Field here. Third Radio Battalion overtook Steel Rein, 3-0.

BASEBALL, from C-1

Johnson said. “We would score a lot, but we would also gave up a lot of runs. After having some batting practice and being able to rest people up over the long weekend, we are hoping to build off the win from our last game.” Ernest Veliz, coach and catcher, 3rd Radio, thought differently about his opponents. “It looks like they know what they’re doing, and they look good in their uniform, but it’s about how you play, not what you look like,” Veliz said. The first run didn’t come until the second inning when Nathan Nins, second baseman, 3rd Radio, came sliding into home. Steel Reign was able to hold off another run until the third inning when Michael Johnson, short stop, 3rd Radio trundled over home, making the score 2-0 at the bottom of the third. Both teams’ defenses continued to thwart any attempts to score, but Steel Reign’s defense slipped one

last time in the top of the fifth, and Veliz took advantage of the lapse and scored the last run of the game. Throughout the last two innings, both teams tried to score, but the efforts of the defense left each other score-less. Third Radio won the game 3-0. Although Steel Reign lost the game, they look forward to returning from Pohakuloa Training Area and finishing the season. “Originally, we weren’t scheduled to have any more games after PTA,” Johnson said. “[The league] is re-doing the schedule to fit us in after PTA and hopefully, we will be able to get two long practices in before our first game.” Third Radio, on the other hand, felt ready to head into their next game. “Crabtree pitched really well out there today,” Veliz said. “He was more relaxed than usual, and it showed in his performance. In our next game, we’ll have to come out and hit the ball more.”



Ernest Veliz, coach, 3rd Radio Battalion, rounds third base.



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# AROUND THE CORPS

## Engineer Battalion sweeps Pendleton rifle intramurals

**Lance Cpl. Daniel T. Boothe**  
*MCB Camp Pendleton*

**MARINE CORPS BASE CAMP PENDLETON, Calif.** — Sharp-shooting engineers took the gold for the second time in three years Feb. 1 at the 2008 United States Automobile Association Pendleton Cup Rifle and Pistol Intramural here at Camp Horno.

Named after the team members' military occupation specialty, "The Lucky 13s," five Marines with 1st Combat Engineer Battalion, 1st Marine Division, swept this year's intramural.

Colonel Alvah E. Ingersoll III, commanding officer, Headquarters and Support Battalion, Marine Corps Base Camp Pendleton, presented the Marines with their trophies.

"Marines from 1st CEB proved their medal as they won the Camp Pendleton Intramural Rifle and Pistol Competition at Camp Horno Ranges," he said. "True to the ethos that every Marine is a rifleman this team of warriors excelled."

The CEB placed first in the rifle competition, and second only to "Horse Marines" with 1st Battalion, 4th Marine Regiment, 1st Marine Division, in the pistol competition. "The Lucky 13s" also took the Gunner's Trophy for exhibiting the highest teamwork, physical fitness and combat shooting skills.

"For me competing out here is a lot less about the individual achievements and more about bringing something back to the battalion," said Cpl. Kyle J. Hoelscher, 22, a drafter and surveyor with 1st CEB. "Infantryman pride themselves on their ability to move and shoot, but for an engineer battalion to take the Gunner's Trophy shows what happens if you just stick to the basics and listen to your coach."

Hoelscher also received the

"Grand Aggregate Trophy" for best in overall individual competition.

"It's not hard to hit the targets if you apply everything you're taught," said Hoeschler, former Marine Corps Shooting Team member from Holts Summit, Mo. "You need to watch out for your sight alignment and trigger control, and once you have that down everything else falls into place."

The competition goes the last week of the three-week Combat Marksmanship Course that qualifies Marines to train deploying units. While the course's first week reviews proper firing techniques, the second week qualifies Marines. The last week, Marines complete their range exercises, except for once a year when the end of the course curriculum is transformed into a competition.

"Units have to have combat marksmanship trainers as it is, so this is a great way to be competitive and take care of necessary training," said Chief Warrant Officer Wesley A. Turner, marksmanship training officer for Range 214 here.

In addition to the rifle, pistol and combat exercise awards, the competition recognizes the Marine who best demonstrated unselfishness and self sacrifice. The Cpl. Jason Dunham Trophy, named after a Marine who embodied those traits, went to Lance Cpl. David R. Stephens, a squad leader with 1/4.

"Just apply the fundamentals and make the necessary corrections and nothing can stop you from hitting the target right in the black," said Sgt. Lorenzo Pozos, a heavy equipment operator with 1st CEB from Vallejo, Calif. "It's easier than you think."



Cpl. Bernard Martin  
Colonel Alvah E. Ingersoll III, commanding officer, Headquarters and Support Battalion, Marine Corps Base Camp Pendleton, presents trophies to members of 1st Combat Engineer Battalion, 1st Marine Division.



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